

Abstract:

The diploma thesis deals with the very topical theme of well-being. Its aims are (1) to explore the personality context of the three most commonly used concepts of well-being – subjective, psychological well-being and self-esteem, (2) to confirm the connection of well-being with personality traits and to contribute to clarifying other personality contexts that the research sounds ambiguous – with values, identity styles, and coping strategies, and (3) find different patterns of relationships of individual concepts of well-being with measured variables, thus confirming the uniqueness of these constructs. The methods used include the calculation of correlation coefficients between individual concepts of well-being and all other variables and the calculation of differences by correlating other variables with all three pairs of well-being concepts. The results largely confirmed expectations. The weakest relationships with personality variables were found in subjective well-being, operationalized as life satisfaction. Life satisfaction was most predicted by stability, commitment, and extraversion. Psychological well-being was most predicted by commitment, stability, extraversion, conscientiousness, and a negative diffusion style of identity. Self-esteem was most strongly predicted by stability, a negative coping strategy of self-blaming, extraversion, commitment and conscientiousness. The differences in the formulas of relationships between individual constructs of well-being and personality variables confirmed their conceptual identity.

Keywords: subjective well-being, psychological well-being, self-esteem, personality